



# Norview News

July 2024

## Fire Drills

Norview Lodge is committed to providing a safe environment for Residents. To this end, fire drills are conducted three times a month, one of which is “silent” (a night shift drill) so as not to disturb the Residents. Fire exits are clearly identified. In the event of a fire alarm sounding, please cooperate with the directions by staff. All doors / fire exits automatically unlock when the fire alarm system is activated.

If you hear the alarm remain calm, stay with whomever you are with, and follow instructions from staff. In the event that you are outside of the home and you hear the fire alarm, please do not enter the home.

## Hand Hygiene

The best prevention of the spread of infection and COVID-19 is with proper hand hygiene. We encourage staff, Residents and family members to perform hand hygiene, before and after visiting with each Resident. Norview Lodge has adopted the “Just Clean Your Hands” program. Alcohol-based hand rub is available from dispensers located in each Resident’s room and throughout the home. We encourage use of this product when soap and water is not readily available.

## Heat Warnings

A Heat Warning is issued when two consecutive days are forecasted to have a daytime high temperature of 31°C or higher and a nighttime temperature of 20°C or higher or when two consecutive days are forecasted to have a humidex 40°C or higher.

Please take the precautions listed below to protect yourself and others during extreme heat events:

- Stay indoors in the air conditioned environment, utilize fans as applicable
- Drink plenty of cool liquids, especially water, before feeling thirsty
- Wear loose-fitting, light-coloured clothing made of breathable fabric
- Take a cool shower or bath if you feel overheated
- Take a break from the heat by spending a few hours in a cool place
- Block sun out by closing awnings, curtains or blinds during the day
- If you must be outdoors, avoid sun exposure by staying in the shade; wear a wide-brimmed, breathable hat or use an umbrella
- Plan outdoor activities during cooler parts of the day (the early morning or in the evening)
- Keep blinds lowered and drapes pulled

Staying outdoors during extreme heat events can lead to a heat stroke. A person experiencing heat stroke will have a high body temperature and appear confused, unconsciousness or have stopped sweating. Severe cases can lead to organ failure and death.

If you suspect someone is experiencing a heat stroke call 911 immediately. While waiting for help, move the individual to a cool place, apply cold water to large areas of their skin and fan the person as much as possible.

# Welcome

Anne H.  
Joan S.



# Happy Birthday

Janine B.  
Jeanette C.  
Maria C.  
Anne F.  
Ken G.  
Vera H.  
Michael M.  
Lynn R.  
Gary S.  
Gary S.  
Tena V.  
Michael W.



# In Memoriam

Ed D.



# July Programs

Summer is in full swing, and so are outdoor programs!

Whole home highlights for July include, music with Tony Duclos and Friends on Thursday, July 18<sup>th</sup> at 2:00pm in the center courtyard, donated by the Lion's Club of Simcoe.

Then, to cope with the July heat, come and send your favorite staff members swimming in a cold dunk tank on Wednesday, July 17<sup>th</sup> at 1:30pm in the center courtyard.

With the start of the Summer Olympics in Paris around the corner, the Recreation and Therapy departments have put their own spin on Olympic sports for the Residents to participate in on Wednesday, July 24<sup>th</sup> from 9:00am – 12:00pm in the center courtyard.

Aside from celebrating Canada's birthday, Resident birthdays are also acknowledged with a Monthly Birthday Party on each home area. Check out individual home area calendars to find out who, where and when to celebrate another year around the sun, along with various other summer programming. Note that all outdoor programming is weather dependent.

Stay Cool!

# Nutritional Services

The Supervisor, Nutritional Services, the Supervisor, Support Services, Registered Dietitian, and staff work hard to provide meals that are both appealing and nutritious. Each Resident is assessed for nutritional needs and special diets are provided as ordered by the Registered Dietitian, in consultation with the attending Physician. Nutritional snacks and fluids are also provided between meals. At Norview Lodge, we take pride in working with Residents and Resident families to ensure dietary needs are met.

The Dining Room in each Resident home area has a view of a courtyard and access to the outdoors. Seating arrangements are much like a restaurant, with up to four Residents at a table. Our goal is to make each meal a pleasurable dining experience for the Residents. Weekly and daily menus are posted in all dining areas. Residents have two entrée choices at each meal. The menu is based on Canada's Food Guide.

Residents are provided assistance with their meals when required.

Dining times:

Breakfast – 8:00am or 8:15am

Lunch – 12:00pm or 12:15pm

Supper – 5:00pm or 5:15pm